

# PORK TERRINE

with Sage and Apricots

Serves 6-8

Takes about 50 mins

450g	(1lb)	Lean Pork mince
225g	(8oz)	Lean smoked dry cured streaky bacon, 50g (2oz) chopped finely, remainder left as whole rashers
1		Small onion, peeled and chopped
		Knob butter
2		Large sprigs fresh sage, chopped
		Seasoning
50g	(2oz)	Dried apricots, roughly chopped

Preheat oven to Gas 4-5, 180°C, 350°F.

Grease a 450g (1lb) loaf tin with a little oil and line the tin with bacon rashers (stretch using the back of a knife) – allow to hang over the end of the tin. Lightly fry the onion in butter and cool slightly.

Mix together in a bowl the mince, chopped bacon, onion, sage and season well.

Place half the mixture into the tin and press down. Sprinkle over the apricots and sage and top with the remaining mince mixture. Fold over the overhanging bacon and place remaining rashers over the top.

Cover well with foil, place on baking tray and put into preheated oven for about 40 minutes, until set. Open foil for a further 10 minutes to brown off.

Serve either hot or cold with a piccalilli of your choice.

Provenance and animal welfare are now, more than ever, increasingly important considerations for us when buying meat.

For more information visit  
[www.pigsareworthit.co.uk](http://www.pigsareworthit.co.uk)



Taste a piece of tradition by trying these 3 great summer recipes using pork steaks, bacon or gammon. They ooze tradition but have been reinvented with a modern twist. You just can't beat the flavour of a traditional pork dish. Cooked to perfection pork is tender and oh so full of flavour.

So go on, try some pork today - because the **Taste Is Worth It!**



For further information or more great recipe ideas call 01908 609821 or go to [www.lovepork.co.uk](http://www.lovepork.co.uk)

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# PORK

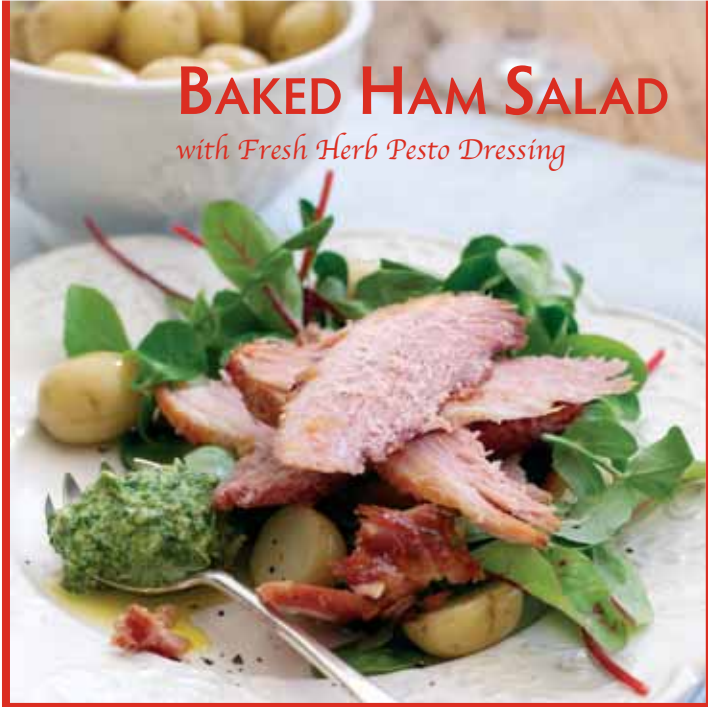
the **taste** of tradition



WELFARE    QUALITY    FLAVOUR

# BAKED HAM SALAD

with Fresh Herb Pesto Dressing



Serves 4-6  
Takes about 20 mins per 450g/½kg (1lb) plus 20 mins

<b>1.35kg (3lb)</b>		<b>Lean Gammon joint</b>
<b>Glaze:</b>		
60ml	(4tbsp)	Dark chunky marmalade
15ml	(1tbsp)	Sweet chilli sauce
15ml	(1tbsp)	Demerara sugar
		Salad leaves
		New potatoes, boiled
<b>Pesto Dressing:</b>		
15ml	(1tbsp)	Fresh basil
15ml	(1tbsp)	Fresh parsley
15ml	(1tbsp)	Fresh mint
1		Clove garlic
25g	(1oz)	Pinenuts
30ml	(2tbsp)	Grated Parmesan cheese
45ml	(3tbsp)	Extra virgin olive oil
15ml	(1tbsp)	White wine vinegar

Place gammon joint in a large saucepan and cover with water. Bring to the boil and simmer for the calculated cooking time. Remove joint from the pan, drain, strip off the rind and score the fat into diamonds. Line baking tray with foil. Preheat oven to Gas 4-5, 180°C, 350°F. Mix together glaze ingredients. Place in foil lined roasting tin and spoon glaze over joint. Bake for about 10 minutes until glaze is sticky and golden. To make Dressing: Whizz together Pesto ingredients in a food processor or hand blender for 1-2 minutes until creamy in texture. Serve gammon cut into chunky wedge slices with a large pile of salad leaves, boiled new potatoes and a fresh pesto dressing. NB. This recipe contains nuts.

## PORK STEAK

with Herbs and Lemon Butter

Serves 2  
Takes about 15 mins

<b>2</b>		<b>Lean Pork loin steaks</b>
<b>30ml</b>	<b>(2tbsp)</b>	Fresh herbs – basil, mint and parsley
		Juice of ½ lemon
<b>15ml</b>	<b>(1tbsp)</b>	Olive oil
<b>25g</b>	<b>(1oz)</b>	Butter, softened
		Zest of 1 lemon

Mix together herbs, lemon juice and oil. Add steaks and smear all over. Leave covered in fridge for around 15 minutes to infuse flavours. Remove steaks and cook on preheated grill or barbecue for: 6-8 mins each side for 1-2cm (½ -¾") thickness 8-10 mins each side for 2-3cm (¾ -1¼") thickness. Meanwhile make the butter: Mix together butter with zest of 1 lemon. Place a spoonful of butter over the steak and allow to melt slightly before serving. Serve with boiled new potatoes mixed with herby mayo and heaps of green salad.